

Backcountry Camping Trip Guide

Two Nights

National Park Service
U. S. Department of the Interior
Shenandoah National Park
Emergency: 1-800-732-0911



Overall Run Falls and Heiskell Hollow

Standard - Circuit

Level: Experienced

Total Length: 15.6 miles

Trip Description: Highest waterfalls in park (93'), cascades, swimming hole, and wilderness valley

Entry: 21 MP - Hogback or MP 21.1 Parking

Exit: 21 MP - Hogback or MP 21.1 Parking

Map(s): PATC # 9 North District

Day One

Campsite: Overall Run Trail - backcountry

6 miles

Drive to the parking area just past the south end of Hogback Overlook.

Find Appalachian Trail (AT) on south side of parking area and hike south 0.4 mile.

Turn right onto Tuscarora/Overall Run Trail and hike for 5.2 miles, enjoying two waterfalls.

Be sure to visit the side trail to the cascades (shortly after the Tuscarora-Overall split).

There are a number of swimming holes in this area.

When Tuscarora and Overall split, stay left on Overall Run Trail, hiking at least 0.2 mile.

Camp in the next 0.4 mile (up to Beecher-Overall or downstream from this intersection).

Day Two

Campsite: Heiskell Hollow Trail - backcountry

About 3 miles

Finish hiking downstream on Overall Run Trail (up to 0.4 mile).

Turn left up the Beecher-Overall Connector Trail and hike 0.7 mile.

Turn right onto Beecher Ridge Trail and hike downhill 0.8 mile.

Turn right onto Heiskell Hollow Trail and hike downstream about 1 mile.

Take plenty of time to find a place to camp.

Day Three

6.9 miles

Hike up Heiskell Hollow Trail about 3.5 miles.

Turn left onto Weddlewood Trail and hike 1.3 miles.

Turn right onto Mathews Arm Trail and hike 0.3 mile.

Turn left onto Traces Trail and hike 0.6 mile.

Turn left onto connector then right onto Tuscarora/Overall Run Trail, 0.8 mile.

Turn left onto AT and hike north to parking area, 0.4 mile.

Notes